MOOD DISORDERS

Mood: A pervasive and sustained emotion that colors the perception of the world.

TYPES OF MOODS

- Dysphoric
- Elevated
- Euthymic
- Expansive
- Irritable

DEPRESSION

DSM-5 Depressive Disorders
- Disruptive Mood Dysregulation Disorder
- Major Depressive Disorder, Single Episode
- Major Depressive Disorder, Recurrent
- Persistent Depressive Disorder (Dysthymia)
- Premenstrual Dysphoric Disorder
- Substance-Induced Depressive Disorder
- Depressive Disorder Associated with Another Medical Condition
- Depressive Disorder Not Elsewhere Classifed

Also Adjustment Disorder with Depressed Mood
Disruptive Mood Dysregulation Disorder

The disorder is characterized by severe recurrent temper outbursts that are grossly out of proportion in intensity or duration to the situation.

With depression there is either depressed mood or the loss of interest or pleasure in nearly all activities

**Depressive thinking:** Pessimism, guilt inability to concentrate, negative thinking

**Depressive behavior:** Low energy, poor ADL’s, isolation

**What Causes Depression?**

Subclinical and Clinical Depression

- Family History
- Bereavement
- History of substance abuse
- History of childhood abuse
- Gene variant related to risk of Depression?

A gene with Short and Long alleles that makes a protein critical to normal transmission of serotonin

Depressive disorders: a heterogeneous cluster of conditions

**Treatment**

Anti-Depressant Medications
MAOs (Monoamine oxidase inhibitors)
Tricyclics  
SSRIs and SNRIs  
Select Serotonin Reuptake Inhibitors  
Serotonin–Norepinephrine Reuptake Inhibitors

**Serotonin Theory**

“It is a testimony to the strong need for simple solutions to complex problems that so many people are willing to accept these claims as established facts.” Elliot Valenstein

A total of 74 studies involving a dozen antidepressant and 12,564 patients were registered with the FDA. The FDA considered 38 of the studies to be positive. The other 36 studies were found to have negative or questionable results by the FDA. Most of the studies—22—weren’t published. Of the 14 that were published, the researchers said at least 11 of the those studies mischaracterized the results and presented a negative study as positive.

Wall Street Journal January 17, 2008

**Glutamatergic System**

**katamine**

**Placebo Effect and Depression**

“Antidepressant drugs produce their maximum elevation of serotonin and norepinephrine activity in only a day or two, but it may take several weeks before any improvement in mood
occurs. During that time, a great many biochemical and other brain changes take place. Although the initial effect of antidepressant drugs may be mainly on biogenic amine activity, when drug treatment is continued for many weeks, many secondary, tertiary, and even more remote compensatory changes take place in the brain. Many of these changes do not involve biogenic amines. . . .The number of different brain changes that can occur over a three-week period of drug treatment is huge, as every change produces a cascade of other changes until the complexities become unfathomable.” From Blaming the Brain: The Truth About Drugs and Mental Health 1998

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Transcranial Magnetic Stimulation

Adjunctive: Something added to another thing but not essential to it. For mild to moderate depression medication is adjunctive. For severe depression medication is primary.

Cognitive Behavior Therapy
Aaron Beck
Evidence Based Treatment
Depression is an expression of faulty thinking

Therapists practicing CBT incorporate cookbook interventions which allow for consistency across therapist.